HINDMARSH
PHYSIOTHERAPY AND
SPORTS INJURY CLINIC

281 Port Rd Hindmarsh
Ph 8346 2000
hindmarshphysio.com.au

HOW TO GET THE HOUSEWORK DONE WITHOUT MAKING YOUR BACK PAIN WORSE



HAS THIS EVER HAPPENED TO YOU?

You're going about your day doing your usual day-to-day jobs, you could be doing something as simple as taking out the rubbish, sweeping or raking, folding laundry or fixing something in the shed, even making the bed ...then all of a sudden you feel a sharp pain in your back and you can hardly move…
Sound familiar?

You often feel fine at first, carrying on with only a slight sensation of tightness
But as the day goes on it gets tighter and tighter until theres great difficulty getting out of the car.
You may not have a situation where your back goes out on you but maybe you limit the amount of jobs you do because of back soreness that gets worse the more chores you do. Or you may avoid chores altogether because of fear you back will hurt after.
Many people will 'put up' with a bad back for days (even weeks!), hoping the pain will go away on it's own eventually, but you really don't have to play the waiting game and suffer for so long – especially not if it's getting in the way of daily life and enjoying time with family.
Visit one of our experienced Physiotherapists to help you get moving better again.

HINDMARSH
PHYSIOTHERAPY AND
SPORTS INJURY CLINIC

281 Port Rd Hindmarsh
Ph 8346 2000
hindmarshphysio.com.au

THREE SIMPLE TIPS TO HELP STOP THIS HAPPENING

To help stop this happening to you here are three quick tips for everyday housework jobs to help make agonising or annoying back pain a thing of the past.

Don't blame the chores for causing or aggravating your back pain… its not these jobs that are the problem… it's mainly the way we do them that is the problem.



1.**Vacuuming, raking, mopping etc**

One of the most common mistakes people make is reaching out with their arms while bending at the waist repetitively or turning to the side with your feet planted and rotating the trunk of your body as you work.

Bending over in awkward positions can place a lot of strain on your muscles – especially in your back! To help fix this… the key is to keep your hips and shoulders moving towards the work.

Instead of leaning forwards and twisting your back, step forward in the direction of the movement with one foot and bend slightly at the knee, allowing your upper body to stay upright to reduce any strain.

281 Port Rd Hindmarsh
Ph 8346 2000
hindmarshphysio.com.au

2. Doing the dishes

Having a deep sink might help you wash more dishes at once, but you can pay for that convenience with back pain. To reach the bottom, people too often stand as close as they can to the sink and sustain a bent posture while vigorously scrubbing the dishes. This aggravates the discs in the spinal column and the soft tissues of the back.

A tip to help this- Open the cabinet doors underneath the sink and place one foot inside. This allows you to squat down and better reach the sink while keeping your back upright.

Bring the work closer to you and minimize that sustained bending of the waist



HINDMARSH PHYSIOTHERAPY AND SPORTS INJURY CLINIC

281 Port Rd Hindmarsh
Ph 8346 2000
hindmarshphysio.com.au

3.**When doing the laundry**.
Picking up items and rescuing that lost sock from the bedroom floor, leaning over can trigger off back pain – similar to sweeping and using the vacuum cleaner, bending at the waist repeatedly will strain your back muscles.

Try a 'golfer's reach', it has this name because it's similar to how golfers pick up a ball after they make the putt.

When you reach for items with your right hand balance yourself by lifting your leg up in the air. If you need extra support, place your opposite hand on a nearby surface. If you're reaching with your left hand, reverse the directions.

The deeper you reach with your hand, the higher your opposite leg should go so that you can keep your balance while simultaneously reducing the amount of strain on your back muscles.

We know it can be easy to get caught up, rushing around the house to get everything done but one thing to remember is to be kind to yourself and take 20 minute breaks throughout.
If you start feeling any signs of pain, walk, stretch and rest your back.

Don't allow yourself to get so busy checking a chore off of your to-do list that you forget the safe way to move your body.
Start using these tips right away to keep your back safe.

For more tips on easing back pain like this, here's our

Physios Guide to Managing Back Pain

with top tips and expert advice on how to help and avoid back pain…

HINDMARSH PHYSIOTHERAPY AND SPORTS INJURY CLINIC

281 Port Rd Hindmarsh
Ph 8346 2000
hindmarshphysio.com.au

GET SOME PHYSIO HELP

Our Caring and experienced Physiotherapists have the skills to correctly assess your musculoskeletal problems and provide safe and effective treatment. Its is very tempting to think that its nothing and it will go away on its own, but early treatment can be the key to a quicker resolution if youre suffering with persistent pain.

If you are in the Adelaide area, you can book an assessment with one of our experienced physiotherapists in Hindmarsh aby calling our Physiotherapy clinics on 83462000 . Let us help you to move better and feel better.

As Physios, we provide extensive education as part of our management and prevention programs, but realize not everyone can find the time or have the confidence to make an appointment. You are welcome to download these informative E-books that you may find useful to get you on your way.







MANAGING YOUR BACK PAIN

CHART YOUR WALKS

EASY EXERCISE FOR DIABETES

For free access to our patient Resource just click the images above

You can call us on 83462000 at Hindmarsh or CONTACT US ONLINE HERE if you would like an appointment

We are passionate about providing our patients and community with information on prevention and management of many conditions. This PDF is not intended as a substitute for medical advice or treatment and should not be interpreted as such. Always seek advice from a qualified medical professional and use of this information is at your own risk